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### Helpless As a Baby.

Valley Heights, Va.—Mrs. Jennie P. Kirby, in a letter from this place, says: "I was sick in bed for nine months, with womanly troubles. I was so weak and helpless, at times, that I could not raise my head off the pillow. I commenced to take Cardui, and I saw it was helping me, at once. Now I work all day." As a tonic, for weak women, nothing has been found, for fifty years, that would take the place of Cardui. It will surely do you good. Cardui is prepared from vegetable ingredients, and has a specific, curative effect on the womanly organs. Try a bottle today. At your druggist's. Advertisement.

### WHEN THE ROOM IS STUFFY

Rolling Burning Newspaper Carried Through the Apartment Will Purify the Air Finely.

There is no greater purifier of air than open windows, but sometimes in sick rooms this method of changing the air is impossible.

Have you ever tried overcoming closeness by carrying a rolled burning newspaper through a sick room? Equally good is a tablespoon of vinegar ignited over an alcohol lamp.

An atomizer for spraying cologne can be used with toilet water or witch hazel, with refreshing effect.

There are special spirit lamps that have a connection with a platinum ball attachment that are excellent to permeate a room with purifying odors. There are special mixtures for burning in these lamps, but a good cologne or toilet water answers.

The lamp burns until the platinum ball grows red hot, then the flame is extinguished. The vaporization of the cologne is increased by coming in contact with the heated metal and the room is soon fragrant.

A quick way to cool a room is to wet a small crib sheet with cologne, or water highly scented with perfumed bath tablets. Hang in a draft of air, or shake the sheet lightly while still wet.

Burning lump camphor is favored by some nurses, especially in sultry weather, as mosquitoes avoid the odor.

### HOME OF BREAKFAST FOOD

Scotch Boy Could Not Conceive of Anything Except Porridge for His Meals.

Prof. Zephaniah Hopper, hale and vigorous at eighty-eight, said at the Philadelphia high school, where he has taught so many years:

"My advice to the young is that they sow no wild oats. Wild oats in youth mean an old age sad and decrepit. And yet, the way some people talk you'd think that wild oats were as essential a part of youth as domesticated oats are an essential part of Scotland."

Professor Hopper smiled and added:

"A friend of mine in Scotland said to a boy:

"What do you have for breakfast hereabouts?"

"Porridge," was the answer.

"And for dinner?"

"Porridge."

"And for supper?"

"Porridge."

"Goodness!" said my friend.

"Porridge every day for every meal!"

"Do you never have anything else?"

"What else would you have?" said the boy."

### WORTH DOING.

Where one has to have a heavy trunk in one's room take two long bed slats and get a large wooden box, remove the boards and nail them across the top of the slats, then buy four ball-bearing rollers and screw into the slats and it is ready to put the trunk on, and you can roll the trunk out of the corner and clean under or pull it into the middle of the room to get in easily. Have the slats just the length of the trunk.

If a bedspread shows wear at the ends baste a piece of muslin on the under side the width of the border, and quilt it on the sewing machine. If it is a Marseilles spread, follow the design of the border in the stitching. The sewing will scarcely show and the spread will last much longer.

### FORGOT COMIC PAPERS.

"But," exclaimed the traveler, "do you never read the newspapers?" "I use them," replied the farmer. "I did once for quite a spell; but they got too funny. 'Bout ten or eleven years ago I quit readin' 'em. Since then I've been readin' a book."—Saturday Evening Post.

### YOU CAN MAKE WASHING EASY

There Will Be No After Aches If the Tube Are Only Placed High Enough.

The washday is often spoken of as "blue Monday" because it is usually a day of hard work, followed by days of recovery from such aches as woman thinks her due. Now, it has been definitely proved, says J. Howard Frick, instructor of Medical correction gymnastics in the Samaritan hospital of Germantown, according to the New York Tribune, that washing clothes has nothing to do with making woman feel gloomy, but that the way she does it has all to do with her after health.

The most common complaint of women after a day's washing is the terrible backache which almost compels them to go to bed. This is sometimes followed by headache in the middle of the head and behind the eyes, which often last for days. Now, what is the cause of these after effects? Certainly ordinary work should not entail such after sufferings. The whole cause is the position of the woman while working over the tubs. The majority of wash benches are too low and the woman must stoop over while at work. This causes the muscles of the abdomen to relax, which allows the stomach, liver, kidneys, and, in fact, all the organs, to fall forward out of their normal positions, causing the terrible after effects of such work.

The proper position before a tub is a perfectly erect position. Here it is impossible for the abdominal organs to fall out of position, as the abdominal wall is tense, as it should be when in the erect position.

Another point of value in the erect position is the fact that the wringing of the clothes is much easier, since the whole force of the arm can be used without having to exert an effort to keep the erect position.

The lifting of the tubs is an entirely unnecessary labor. When they are not of the stationary kind they can be emptied by means of a siphon.

### Cocoanut Candy.

One and a half cupfuls of soft pale yellow sugar, half a cupful of dark sugar, two and one-half ounces of desiccated cocoanut, one heaping tablespoonful of butter, a quarter of a teaspoonful of cream of tartar, half a pint of cold water and two ounces of plain fondant. Put in pan the sugar, water and cocoanut and stir and dissolve, adding cream of tartar when it boils. Stir most carefully all the time and boil to 245 degrees F. Work the fondant quite soft and pliable and put it in the batch and mix and stir it until it begins to grain. Pour into buttered tin and when half cold cut in strips and wrap each in wax paper.

### Tea Biscuit.

Take two cupfuls of sifted pastry flour, two teaspoonfuls of baking powder, one teaspoonful of salt, two tablespoonfuls of butter, two-thirds cupful of milk.

After the flour has been sifted and measured, add baking powder and salt, sift again, then rub butter in with the finger tips. Now with a fork combine this and the milk, neither stir nor knead, just see that ingredients are blended, then take on lightly floured board. With a floured rolling pin roll into a sheet a little more than an inch, cut with small round cutter and bake in greased flat tins.

### Autumn Soup.

Cut in thin slices the white parts of four leeks, the same of two heads of celery, and a lettuce; wash and throw them into boiling broth, add a pint of young peas, a little sugar and pepper, two large spoonfuls of flour mixed thinly and smooth. After boiling one and one-half hours put it into the tureen with little "crusts" of bread fried in drippings. The last should be carefully dried in the hot closet so that they shall be crisp and not greasy.

### Chocolate Cream Pie.

Here is a chocolate cream pie which everybody likes and it has the merit of being cheap. Into your double boiler put one pint of hot water. Blend together one and one-half cups of sugar, four tablespoonfuls of flour, two of cocoa, butter size of small egg, a pinch of salt and stir into the water. Cook until thick. Cover with a deep pie plate with rich pastry and set another plate inside mixture, cover with whipped cream and sprinkle with chopped nuts.

### Worth Knowing.

To get rid of carpet moths scrub the floor with hot water made exceedingly salty before laying the carpet and sprinkle the carpet once a week before sweeping till the pests disappear.

To have gems bake nicely, when filling the gem pans with batter leave one of the cups empty and fill it with water. The gems will not scorch when this method is followed and will brown nicely.

### Onion Chowder.

Two large onions, three good-sized potatoes. Slice thin, put into pan with water enough to cook without burning. When soft, mash very fine, leaving water in. Add one pint of milk or more if desired, let come to a boil. Have ready one egg well beaten in serving dish and stir chowder into egg. Season with pepper, salt and butter. Fine for a cold day for lunch.

### To Freshen Cake.

To freshen stale cake, dip it for a second or two in cold milk and then rebake it in a rather cool oven. It will taste almost like new again.

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